



Kodiak Cross Country team off to a historic start



The 2023 Cascade High School Girls Cross Country Team is ranked second in the state.

SUBMITTED

LEAVENWORTH - The exceptional heat of last summer's evenings in Leavenworth never deterred Cascade High School senior Brayden Anderson from lacing up his running shoes and heading to the irrigation canal trail, often with teammate junior Ben Jerome, to pound out the miles. Anderson had a goal of crossing finish lines this fall, in the standard high school cross country distance of 5k, in under 17 minutes – a big goal for a runner relatively new to the sport, whose average last season was in the mid-18-minute range and who only once finished above fifth on the team.



By ISABEL MENNA
 Cascade High School Publications Group
 Special to Ward Media

The 2023 season began promisingly for Anderson, though, as the Kodiaks traveled to Ellensburg on September 9th for their traditional first meet. It is a crowded, quirky relay race that features a 50-yard jaunt through Carey Lake. While the race's emphasis is pointedly on fun and team building, Ellensburg High School does provide individual splits for the 1.5-mile legs. Anderson's time was two seconds faster than the CHS mark set by lauded runner Landon Davies. "For sure, I was happy with

my time and how the team did," recalls Anderson, "but was it just a one-off or did it mean that I was actually getting quicker?"

That race did turn out to be a harbinger of things to come. The following week at Walla Walla Point Park at the Wenatchee Invitational, Brayden placed fourth in a highly competitive field, with a time of 16:08, almost a minute faster than he hoped to run this year, over two minutes faster than his personal record last year, and a new Kodiak record, surpassing the likes of, among others, CHS stars Davies and Torin Koos, a four-time Olympian. Moreover, Anderson's time sets the mark as the fastest run this year in Washington's Class 1A schools, making him the number one ranked boy in the state and the Washington Interscholastic Activities Association's Athlete of the Week. "All of that is great, of course, and I appreciate the recognition," remarked Anderson. "Right now, though, I'm focused on trying to go sub 16 [minutes over the 5k distance] and trying to win state. There is a

See CROSS COUNTRY, Page A7

CSD celebrated as FieldSTEM district of the year



Students in the Natural Resource class pinpoint Rattlesnake Hill on a map of regional geological features

By MARLENE FARRELL
 Special to Ward Media

LEAVENWORTH - On Oct. 6 in Lacey, Washington, Cascade School District (CSD) will receive an award for FieldSTEM District of the Year for all of Washington State, as recognized by the Pacific Education Institute (PEI).

The letter announcing the recognition stated, "PEI is committed to a world where scientifically literate citizens are making balanced decisions for just and sustainable communities. We know that engaged, committed and hard-working teachers and administrators implementing FieldSTEM across the state are critical to that vision. We want to elevate and celebrate districts like [CSD] that are leading by example in your community."

When the school board and superintendent Tracey Edou hammered out a strategic framework in 2020, they identified for the first time "the outdoors" as one of six core values, which also includes every student: quality education, inclusive diversity, connected relationships, and artful creativity. The values prompted actionable strategies, including a new partnership with PEI to conduct teacher training around FieldSTEM implementation.

At every level of the district, there are examples of putting the value of the outdoors into practice. An outdoor classroom at Peshastin Dryden Elementary (PD) is a short walk away, tucked under maple trees near the river, and serves as

See FIELDSTEM Page A10



COURTESY OF HEIDI SWOBODA

Isabelle Auty leads a class of second graders in stretches before a game of Gotcha Tag.

Isabelle Auty, Elementary P.E. Teacher, helps lay a foundation of movement and fun

By MARLENE FARRELL
 Special to Ward Media

LEAVENWORTH - A chance to run, skip, juggle scarves, toss bean bags—P.E. class at Alpine Lakes Elementary (ALPS) and Peshastin Dryden Elementary (PD) is active learning, movement, and play, under the guidance of Isabelle Auty, a National Board Certified teacher in her second

year in the Cascade School District (CSD). Auty sees every elementary class, 575 students in total, once a week, splitting her time at ALPS and PD.

The joyful, funny song "Raining Tacos" greeted a second-grade class on arrival at the gym one afternoon. To begin, the kids ran in circles, and

See AUTY, Page A6

Rich Brinkman

FOR LEAVENWORTH MAYOR!

Paid for by Brinkman for Mayor

Honesty, Experience,
 Integrity, Unity,
 and The Leadership
 We Need!

BRINKMANFORMAYOR.COM

Inside The Echo this Week

5 things to do this week.....	A2	Q&A.....	A5
Community Bulletin Board.....	A3	Michelle's Kitchen Table.....	A6
Community Calendar.....	A3	Church Guide.....	A7
From the publisher.....	A3	Outdoors Report.....	A10
Pear Bowl 2023.....	A4	Business Directory.....	A10

Inserts
 Dan's Market
 Safeway



P.O. Box 39,
 Leavenworth, WA 98826
 Phone: 509-548-5286
 www.leavenworthecho.com



© Ward Media, LLC 2023



On the Internet

Website:
www.leavenworthecho.com
E-mail:
news@ward.media

Office hours

Hours: 9 a.m. - 5 p.m. except weekends, or call 509-548-5286

Contact information

CEO & Publisher
Terry Ward

509-731-3284
terry@ward.media

COO & Co-Owner
Amy M. Yaley

509-731-3321
amy@ward.media

Advertising Sales
Lindsay Timmermans

509-860-7301
lindsay@ward.media

Circulation

509-293-6780
circulation@leavenworthecho.com

Deadlines

Calendar Listings	Noon, Friday
News Submissions:	Noon, Friday
Letters to the Editor:	Noon, Friday
Display Advertising:	Noon, Friday
Legal Notices:	Noon Friday
Classified Ads:	Noon Friday

Subscriptions

In Chelan County (yearly) **\$40**
\$5.00 to include online subscription
In State-Out of County (yearly) **\$50**
Online E-edition **\$40**

The Leavenworth Echo does not refund subscription payments except to the extent that it might fail to meet its obligation to publish each week, in which case the cost of the issues missed would be refunded as an extension. Subscriptions may be transferred to another individual or organization.

Toll Free 509-293-6780



© Ward Media, LLC prints on recycled newsprint with soy ink. Please recycle.

Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to letters@ward.media.

Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

News tips

Have an idea for a story? Call the Echo at 509-548-5286
email news@ward.media

Classified Advertising

Classified ads can be placed during normal office hours by calling 509-548-5286 or by emailing classifieds@leavenworthecho.com.

Legal Advertising

Legal ads can be placed during normal business hours by calling 509-548-5286 or by emailing legals@ward.media

Obituaries

Obituaries can be placed during normal business hours by calling 509-548-5286 or by emailing obits@ward.media

Services

Back Issues are available up to one year after publication for a small fee. Archive Research \$25 per hour

Classified Weekly Rates

\$15.00 for first 30 words. **10** for each additional word over 30 words Borders, bold words, headlines, logos and photos subject to additional charges.

Get your event in the spotlight with Ward Media!

If you have an exciting event to share, email Reporter Quinn Propst at quinn@ward.media. We'll showcase the five most captivating events of the week, giving your event the recognition it deserves. Even if your event isn't among the top five, it will still be added to our events calendar and featured online. Don't miss this chance to make your event shine!



5 THINGS TO DO THIS WEEK

Oktoberfest in Leavenworth

The Leavenworth Oktoberfest will run Oct. 6-7 and Oct. 13-14 in downtown Leavenworth.

"Oktoberfest returns to Leavenworth this fall with longstanding traditions of music, dancing, and the ceremonial tapping of the kegs," the event page states. "This year, like last year, we have exciting enhancements to Oktoberfest, bringing the event throughout downtown Leavenworth, with two fully programmed venues (beer gardens) located at the Leavenworth Festhalle and at Front Street Park. Sit under our clear-topped tent enjoying tasty local and German beers, lively music, and mountain views for days."

"For the kiddos, a 10,000 sq foot Kinderplatz has been added, free for kids 12 and under, with activities, games, a root beer garden, and a 62 ft Ferris Wheel," the event page states. "It's time to grab your best Trachten (traditional Bavarian garments) and plan to celebrate Oktoberfest in America's unofficial Bavarian capital."

The Front Street Park Beer Garden (21+ Only) is open on

Friday from 6 p.m. to 10 p.m. and Saturday from noon to 10 p.m.

The Kinderplatz is open until 9 p.m.

The Festhalle Beer Garden is open Friday from 6 p.m. to midnight and Saturday from noon to midnight.

For more information and to purchase tickets, visit leavenworth.org/oktoberfest.

Wood carving demo with master woodcraftsman

Kris Kringle will host a wood carving demo with master woodcraftsman Ringo Müller on Oct. 6 from 2 p.m. to 6 p.m.

"For Leavenworth's second weekend of Oktoberfest 2023, we will host, all the way from the Black Forest of Germany, Master Woodcraftsman Ringo Müller," the event page states.

"Ringo will be carving wood using a lathe at the shop to demonstrate how all pyramids and smokers are handmade at his family's workshop and represent a piece of living tradition from the Erzgebirge mountains," the event page states.

No registration is necessary.

For more information visit kkringl.com.

Live Music at München Haus

Staxx Brothers will perform live at the München Haus on Saturday, Oct. 7 from 6 to 9 p.m.

"The Staxx Brothers are a bold American band, and Seattle own," the event page states. "Truth be told, they created a new genre, harder than stone. A sound built upon a foundation heavier than gold and sweet as a jelly roll."

For more information visit munchenhaus.com.

Pioneer Village Festival

Cashmere Museum and Pioneer Village will host the Pioneer Village Festival starting at 9 a.m. on Saturday, Oct. 7, at 600 Cotlets Way in Cashmere.

"Come on down for a wonderful celebration where families come from near and far for good music, fun, and educational activities for the whole family," the event page states. "Gold-panning, pony

rides, and sipping sarsaparilla in the saloon are some of the family favorites, as well as enjoying our museum and log cabins."

There will be live demonstrations of flintknapping, spinning, weaving, and silversmithing.

Admission is \$5 per person and free for children under 3.

For more information, visit cashmeremuseum.org.

Poetry workshop

The Wenatchee River Institute will host a poem writing workshop called Words for the More-Than-Human World on Saturday,

Oct. 7, from 9 a.m. to 12 p.m.

"In this workshop, we'll do some deep, collaborative reading of sample works before we turn to making our own poems that honor the natural world," the event page states. "Toward this endeavor, we will make use of the beautiful grounds and waters around the Wenatchee River Institute."

Bring paper and a writing utensil. Reading material examples will be provided by the instructors.

The cost is \$40 for non-members and \$30 for WRI and Write on the River Members.

For more information, visit wenatcheeriverinstitute.org.

Forest Service Launches scoping for Chumstick to Lower Peshastin wildfire risk reduction project

Ward Media / Leavenworth Echo

LEAVENWORTH - The Wenatchee River Ranger District of the Okanogan-Wenatchee National Forest is taking proactive steps to address wildfire risk in the areas surrounding Leavenworth, Peshastin, and Cashmere, Washington. The ambitious undertaking, spanning approximately 115,000 acres, is dubbed the "Chumstick to LP (Lower Peshastin) Project."

"We're in the initial stages of planning on this wildfire risk reduction project that will emphasize work within the wildland urban interface areas adjacent to our communities," said Wenatchee River District Ranger Erica Taecker. "Proposed work will include thinning and prescribed fire to restore forest structure and composition to more sustainable conditions, while also reducing the risk of severe fire to habitat, homes, businesses, and infrastructure.

Public input is a vital part of our planning process, and we want to work with community partners to explore opportunities to increase effective fire suppression," said Taecker.

This project is just one of several included in the Central Washington Initiative, a part of the national Wildfire Crisis Strategy. To access further details, visit: www.fs.usda.gov/detailfull/okawen/home/?cid=fs_eprd1068006&width=full

In collaboration with the

Chumstick Wildfire Stewardship Coalition, the Forest Service is organizing an informative open house scheduled for Wednesday, Oct. 4, from 6:00 to 7:30 p.m. The event will take place at the Chelan County Fire District #3 Community Meeting Room, situated at 228 Chumstick Highway, Leavenworth. The open house will commence with a concise project overview, followed by an opportunity to review maps and pose questions. It's important to note

that in the event of any federal funding interruptions, the public meeting will be rescheduled.

Members of the public are encouraged to provide comments, which will aid the Forest Service in defining the project's scope. Feedback received until Oct. 24, will be particularly valuable. To access project maps, detailed information, and instructions for submitting comments, please visit the information page: www.fs.usda.gov/project/?project=64247.

CRAFT KILLER EMAIL CAMPAIGNS: UNLOCK YOUR AUDIENCE'S INBOX

Learn the art of email marketing and turn leads into loyal customers.

Watch your revenue soar!

29 S. Wenatchee Ave., Suite A
Wenatchee, WA 98801

More information
509 731 4392

Thank you!

Thank you for making our event a success! We appreciate all the participants, volunteers and sponsors for the Leavenworth Duck Race held Sept. 9. All net proceeds go to local service projects with Leavenworth Rotary.

Sponsors:

- Leavenworth Electric & Excavation
- Munchen Haus
- Sissy n' Scooter Scaryments
- 'Ohana Occupational Therapy
- Scheibler Brothers, Inc.

Interested in joining Rotary? You are invited to join our meetings. Every Friday at Noon at Kristall's Restaurant.

Introducing LEAVENWORTH-WENATCHEE Express

Now operating!

Scan code, visit www.linktransit.com or call 509-662-1155 for more information.

Link Transit
your way to go!

Community Bulletin Board

Local, Regional Community News & Events

Any non-profit 501(c)-(3) group, person(s). Must provide: full name, city, phone number. Items pertaining to local events that are free or minimum charge. Want to place Your Community News Online? Go to ncwmarket.com 24/7. Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at ncwmarket.com. To submit info call **509-548-5286** or email: news@ward.media.

Community Calendar

Wednesday

Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.
Alpine Water District, meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.
Senior Center, Lunch, noon, \$8 per meal. RSVP 509-548-6666.
Ukulele Circle, 5:30- 6:30 p.m. every Wednesday at the Peshastin Library. Please come 15 minutes early to tune and get sheet music.
Cascade Medical Board, 4th Wednesday of every month (with a couple exceptions), September 27, October 25, November 15, and December 20, 5:30 p.m.

Thursday

Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for meeting information. (1st & 3rd Thurs.)
Leavenworth Lions Club, For more info. President Steve Alford, 509-548-4505, or email leavenworthlionsclubwa@gmail.com
Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)
Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)

Friday

Veteran Service Office, For information contact Tony Sandoval, 509-664-6801 or email: tony.sandoval@co.chelan.wa.us
Leavenworth Rotary Club, In person at Kristall's Restaurant at Noon. Call President Mahala Murphy-Martin, 206-227-1576, for more information.
Senior Center: Bingo 6 p.m. Call 509-548-6666. Facebook & website: leavenworthseniors@gmail.com

Monday

Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30 -8:00 p.m. Call UVMEND, 509-548-0408 for more information.
Leavenworth Mosquito District board meeting, 7 p.m. via ZOOM link posted at <https://leavenworthmosquitocontrol.org/activity-calendar.html> or contact Jenny 509-548-5904 (1st and 3rd Mon.)
Cascade School board meetings, 7 p.m., Agenda can be found at <https://www.cascadesd.org/Page/166>. (2nd & 4th Mon.)
Chelan Douglas Republican Women. Monthly meeting and luncheon 1st Monday of the month (unless it's a holiday). \$21. for lunch, \$8. for sitting only. 11 a.m. check in starts, noon for meeting and speaker. Wenatchee Convention Center 121 N. Wenatchee Ave. For information and reservations, please call, Angela Dye, President, 509-668-1105 (1st Mon.)

Tuesday

Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)
Circle & Peshastin Irrigation Districts Meeting Current meeting time is 8 a.m. at 5594 Wescott Drive. Call Levi Jantzer, cell 509-607-0278, 509-782-2561, or levi.ipid@nwi.net (2nd Tues.)
Cascade Education Foundation, Contact: CEF@cascade.org
LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)
Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)
Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)
The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)
Senior Center, Exercise, 11 a.m.-Noon. Tues & Thurs. 509-548-6666. Facebook & Website: leavenworthseniors@gmail.com
Music, call Steve, 509-548-7048. (1st and 3rd Tues.)
Greater Leavenworth Museum board meeting 5-7 p.m. Everyone is invited as a guest. Contact info@leavenworth-museum.org for meeting information. (1st Tues.)

NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.
Leavenworth Public Library. Located at 700 Hwy. 2, Call 509-548-7923 or online leavenworth@ncwlibraries.org Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sun. and Mon.
Peshastin Public Library. Located at 8396 Main St., Peshastin. Call: 509-548-7821 or peshastin@ncwlibraries.org Open Tues., 10-1:30; and 2:30-7, Wed., 10-2, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10 a.m.- 2 p.m. Closed Sun. and Mon.

Other events

The Greater Leavenworth Museum, formerly known as the Upper Valley Museum. Now open daily 11-4. Check their Facebook page or website at <http://www.leavenworthmuseum.org> www.leavenworthmuseum.org for updates and information.
Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.
Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.
 Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

Meeting Schedules For AA, Alanon, Celebrate Recovery

AA Meetings:
 Call for the Zoom link to Leavenworth AA meetings: 541-480-8946
 Call for the Zoom link to Leavenworth Alanon meetings: 509-548-7939
 509-548-1627, 548-4522, 664-6469, 206-719-3379
 Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.
 Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin
 Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.
 Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.
 Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.
Alanon Meetings, Call 509-548-7939
Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509- 596-1510.

Leavenworth City Council Candidates Forum October 5

A forum for the candidates for the Leavenworth City Council will be held at the Cascade High School Auditorium on Oct. 5. The event will run from 6:30 to 8 p.m. Candidates will be asked to answer questions on a range of important issues facing the City. Bob Bugert, former County Commissioner and Leavenworth resident, will moderate the event. All are welcome! This will be a great opportunity to meet all the candidates running for City Council this year including incumbents and challengers, and to find out where they stand on important issues facing the community.

Leavenworth Mayoral Forum at WRI

In a bid to foster community engagement and connect Leavenworth residents, the Wenatchee Research Institute (WRI) is gearing up to host a pivotal event - the Leavenworth Mayoral Forum. Scheduled for Tuesday, Oct. 17, from 6:00 to 7:30 p.m., this forum aims to shed light on how the two mayoral candidates plan to address crucial issues in Leavenworth while aligning with WRI's mission.

WRI, a stalwart in fostering connections within the community, welcomes all to this event, underscoring its commitment to inclusivity and community involvement.

As part of the lead-up to the event, community members are encouraged to participate actively by submitting questions for the candidates. These questions should revolve around topics that are central to WRI's mission, encompassing areas such as climate change, fire management, tourism economics, watershed preservation, housing, education, leadership principles, and wildlife conservation.

The deadline for submitting questions is Sunday, Oct. 8, at 11:59 p.m. Questions can be submitted using the form at <https://bit.ly/46ob5Rb>.

The Leavenworth Mayoral Forum at WRI promises to be an informative and community-driven event, highlighting the intersection of local politics and the values that underpin WRI's mission.

For more information about this event, please visit WRI's website at wenatcheeriverinstitute.org.

Leavenworth Library to Host Art Show Honoring Heidi Swoboda

The Leavenworth Library is set to host an inspiring art show dedicated to Heidi Swoboda, a prominent Leavenworth Professional Photographer,

through Nov. 3 in the enchanting Fireside Room.

This captivating exhibition presents a harmonious blend of artistry and literature, curated in collaboration with the NCW Libraries System. Visitors are invited to immerse themselves fully in the essence of each artwork by exploring suggested complementary literature.

Heidi Swoboda's creations, primarily in the form of giclee with acrylic finish, showcase her remarkable talent. Her artwork is a testament to her deep connection with the beauty of our natural world and the profound moments and relationships that enrich our lives.

The show promises to be a unique experience, offering a glimpse into Heidi's distinctive artistic techniques and her passion for celebrating the

wonders of our environment.

Leavenworth Women's Exchange Monthly Luncheon Spotlights Glassblowing Artistry

The Leavenworth Women's Exchange monthly luncheon meeting will be held on Wednesday Oct. 11 at 12:00 pm at the Icicle Inn Restaurant, 505 Highway 2, Leavenworth. The cost is \$26.50 per person. Lunch buffet, beverage, tax and gratuity are included.

Craig Sorensen, of Bolder Bend Glassworks in Peshastin, will discuss the glassblowing process and how he and Jori Delvo create their handmade glassworks. Check or cash to LWE only. Since

this is a catered event, any cancellations after 10-5-23 will be responsible for the cost of the lunch. To make your reservation, please contact Claire Burlingame at 548-7142 by Thursday Oct. 5

Cascadia Conservation Board Meeting

The Cascadia Conservation District Regular Board meeting will be an in person and call-in / Zoom meeting, held on Friday, October 20, 2023, 1:30 p.m., located at 1350 McKittrick St., Suite B. If you wish to attend in person, please call the office as space is limited. More information and instructions will be available on our web site at cascadia.cd.org or by calling the District office at 509-436-1601.

Connecting with our community

As we navigate the ever-evolving landscape of local journalism, I am reminded of the importance of staying closely connected with the communities we serve here in North Central Washington.



From the Publisher
TERRY WARD

The heart and soul of our newspapers and media ventures lie in the people, businesses, and organizations that call this region home. That's why I've made it a personal mission to get out there and meet you, our valued readers.

In recent weeks, I've had the privilege of sitting down with several community members, each with unique stories and perspectives. These candid conversations have not only been enlightening but have reaffirmed our commitment to telling the stories that matter

most to you.

Additionally, I had the pleasure of meeting with the Cashmere Chamber of Commerce's Executive Director to gain deeper insights into the commendable work they do in supporting our local business community. Their dedication to fostering economic growth and collaboration is truly remarkable.

One particular highlight on my journey was addressing the Leavenworth Rotary Club. It was an opportunity to engage in a thoughtful discussion about the future of local journalism and the vital role it plays in our communities. The enthusiasm and support I encountered there were truly inspiring.

As the CEO and Publisher

of Ward Media, I want to emphasize our accessibility to the communities we serve. Whether you're part of a community organization, a local business, or a group that shares our passion for North Central Washington, I invite you to reach out. If your organization is interested in having me as a speaker or if you simply want to connect, please do not hesitate to give me a call or send an email.

Our commitment to you extends beyond the printed pages of our newspapers and the digital landscapes we navigate. It's rooted in the relationships we build, the stories we share, and the community we foster together. Your voices matter, and I am here to listen.

Thank you for entrusting us with your stories, and I look forward to continuing this journey of connection and collaboration.

Rich Brinkman

EXCUSE ME MAYOR FLOREA, BUT WE ARE NOT RACIST!

Dear Leavenworth: I am a Sociologist and teach several Sociology courses at Wenatchee Valley College, including The Sociology of Race & Ethnicity. For the people of Leavenworth to be called racist by the current Mayor was extremely offensive, prejudicial, and unfair.

My lifelong heroes include Dr. Martin Luther King Jr., John Lewis, Nelson Mandela, Dolores Huerta, Mohandas Ghandi, and numerous other people of color. I have dedicated most of my adult life advocating for minority groups in our society, and again find it very offensive for us to be labeled unacceptably. I am certainly not alone on this in our Leavenworth community.

As the people of Leavenworth, we welcome all people from all over the world to visit our Bavarian Village, and it is completely inappropriate to be referred to as 'racist' by the current Mayor. Please help me end this absurd vitriol by supporting my candidacy for Mayor of Leavenworth (BrinkmanforMayor.com). Thank You!

Paid for by Brinkman for Mayor

FOLLOW US ON FACEBOOK @northcentralwashington

northcentralwashington.com

SAVE UP TO 50% OFF WINTER SPORTS EQUIPMENT AND APPAREL

SKI * SNOWBOARD * NORDIC

SNOW DAZE

37th ANNUAL

SALE!

FRI OCT 6 10 AM to 6 PM
SAT OCT 7
SUN OCT 8 12-5 PM

25 N Wenatchee Ave | arlbergsports.com | 509 663-7401

2023 Integrated Resource Plan Progress Report

Chelan County PUD is updating the 2021 Integrated Resource Plan (IRP) as required by state law. The 10-year plan outlines the sources of power needed to supply PUD customers. A new IRP must be developed every four years and updated every two years.

Schedule for the 2023 IRP Progress Report:

- Oct. 16** PUD Commission begins discussion
- Nov. 20** Present final draft of IRP Progress Report to Commission
- Dec. 4** Hearing on final IRP Progress Report and Commission action

The first two presentations will be made during regular PUD Commission study sessions that begin at 10 a.m. in the boardroom at 203 Olds Station Rd. The hearing will be at 1 p.m. during a Commission business meeting at the same location.

Visit chelanpud.org, "Integrated Resource Plan," for more information.

CHELAN COUNTY
www.chelanpud.org



CASCADE KODIAKS

PEAR BOWL 2023



#	PLAYER	#	PLAYER	#	PLAYER	#	PLAYER	#	PLAYER
1	Peyton Adams	12	Zach Karnes	23	Deagen Dahlstedt	51	Trail Heyl	69	Anton Dahlstedt
2	Landon Curnutt	13	Will Biebesheimer	24	Carter Curnutt	52	John Vargas	70	Tristan McLeod
3	Ezra Week	14	Trenton Holland	25	Aengus Gillikin	53	Gabe Umbarger	72	Marquise Rainey
5	Melvin Northrup	17	Eli Webb	30	Alejandro Castillo	55	Talen Johnson	77	Ethan Flansburg
6	Cole Ennis	20	Thatcher Pate	32	Jackson Feeny	58	Frank Rosario	78	Connor Schoenwald
7	Artie Northrup	21	David Fernandez	43	Gabe Payne	60	Juan Alvarado	79	Axel Pacheco
8	Eli Sauer	22	Julian Feeny	50	Kenry Martinez	66	Cody Salmon	80	Noah Copson
10	Gene Witt								



2023

PEAR OF THE GAME

Two student athletes will be recognized at the Pear Bowl as the "Pear of the Game," as chosen by the Leavenworth Echo and Cashmere Valley Record

Sponsored by
Pear Bureau
Northwest






PO Box 378, Peshastin WA 98847
Phone: (509) 548-1700 • Fax: (509) 548-0288

Proud sponsor of the Cascade Kodiaks!

GO KODIAKS!



Best of Luck Kodiak Athletes

From your fresh, friendly LOCAL grocer. **509-548-5611**

THE LEAVENWORTH

ECHO

A WARD MEDIA PUBLICATION

Best of Luck Kodiaks!






Keenies Kodiak discounts when you show your ASB Card

Hats off for a great game!

Go Kodiaks!



721 Front Street
509-548-4442



Proud to be a Kodiak!

Good Luck Teams!

509-548-5135

The Team is Together!

Play well Kodiaks.



State Farm

Bruce Cheadle, Agent
301 Aplets Way,
Cashmere, WA
(509) 782-1659

State Farm Insurance Companies
Home Office Bloomington, Illinois

Choose Your Partners Well

Mt. Stuart Physical Therapy and Sports Performance




Mt. Stuart THERAPY & CHIROPRACTIC

We are always here for our community and sport heroes. Experienced providers caring for you. Call us today to improve the quality of your performance... and life.

509-548-3133, Leavenworth, WA 98826

10171 Chumstick Hwy, Suites 1 and 2, Leavenworth

MARTIN MORRIS

AGENCY INC.
Formally Milne Insurance Agency

Supporting our local athletes

LIFE / MEDICAL / AUTO / HOME / COMMERCIAL / FARM

Open Mon-Fri 8:30 to 5pm
Cashmere • 205 Woodring St • 509-782-2213

We have a dedicated Benefits Department to assist you with Group and Individual Medical Insurance programs

Free Quotes
Call or visit us online at:
www.martinmorris.com
email: contactus@martinmorris.com



To the Hometown Team!



509-782-0777

Find us on Facebook

artisanflooringllc.com

QA & A



Meet Dr. Tracey L. Edou Superintendent of the Cascade School District

By QUINN PROPST
Ward Media Staff Reporter

LEAVENWORTH - Dr. Tracey L. Edou took the helm of the Cascade school district shortly before the pandemic and has led the district through the changes and challenges it brought. Before joining Cascade Schools in 2019, Edou was the Executive Director of Teaching and Learning for the high-performing STEM district, Oak Ridge Schools, in Tennessee.

Edou has been a classroom teacher, a Peace Corps Volunteer, a math coach in the Microsoft Math Partnership, an Albert Einstein Distinguished Educator Fellow, and a senior project manager for science education programs.

Edou has a distinguished career, but her passion lies in seeing students learn and grow. Her favorite part of her job is when she gets to spend time with students. She strives to ensure that each child in her district is known, cared for and has what they need to succeed in school and after they walk across the stage at graduation.

We caught up with Edou recently to learn more about her job, her vision for leading and shaping the future of education, and the challenges and successes of the district.

What do you see as the most

significant accomplishments or initiatives that have taken place under your leadership within the Cascade School District?

We have weathered the COVID-19 pandemic, we have renovated our Career and Technical Education building, we have built a greenhouse, we have created an outdoor classroom at Peshastin-Dryden Elementary School, we have exceeded state averages on the state assessment in both English and math in all tested grades, we have revamped our intervention programs as well as our Highly Capable program, our graduation rate has grown to 97%, 99% of our graduates participate in at least one postsecondary opportunity while in high school, we have implemented composting and mixed recycling in all of our four main campuses, our school board was selected as Small District School Board of the Year for the State of Washington, and we have recently been selected as FieldSTEM District of the Year for 2023.

What is your favorite part about your job and why?

My favorite part of (my) job is when I have the opportunity to spend time with kids. We have the best kids in Cascade School District, and I love to see them learning, growing,

and experiencing the great childhoods this region has to offer.

What makes Cascade schools unique?

There are so many things that make our school district unique. One is that every child is known and cared for. Children don't slip through the cracks here. We say that we value every student, and I believe that we walk that talk. Cascade School District is also unique in that the Outdoors and Artful Creativity are two core values of our district and the communities we serve. That means that we embed the arts and the outdoors in our educational offerings. I also love how we teach skiing and snowshoeing in school, and I'm grateful to Stevens Pass for the ski passes they offer for students who are academically excellent. It's also incredible what great school bus drivers we have. They don't miss a beat driving in the snow!

Cascade School District serves a diverse community. How do you ensure educational equity is a top priority, and what strategies have been implemented to address this?

Another core value of our district is Inclusive Diversity, which means that we include everyone, honor diversity, and embrace different cultures and various socio-economic realities. A couple of examples of how we implement this strategy include providing bilingual secretaries in each of our four campuses and ensuring that we send materials home in both Spanish and English. We also have a very involved Migrant Parent Advisory Committee that has many activities throughout the year. We also just recently hosted a Multicultural Fiesta at Peshastin-Dryden Elementary School which provided access to community resources and was a celebration for all of our families.

In recent years, there has been a lot of discussion about the impact of technology on education. How do you see technology evolving in the classroom, and what steps has the district taken to keep up with these changes?

I think the COVID-19 pandemic helped us learn a lot about technology in education. Although nothing can replace face-to-face learning, it's also true that technology opens a window into the classroom for families. As an example, we use Seesaw in grades K-2 and Canvas in grades 3-12. These learning management systems help parents and students be able to engage with classrooms and classroom learning from home.

What are your goals for the school district over the next few years?

My number one goal is that every graduate who crosses the stage at graduation has a meaningful destination on the other side of that stage. We are close to that goal now; however, we can continue to create systems and opportunities to allow that to happen for every graduate. Some other goals are to build an outdoor classroom at every school, ensure that we have a vertically aligned system of interventions throughout the district, and to increase parent and student involvement in after school activities and athletics. For more information about school goals, you can find our strategic framework and District Improvement Plan on our website.

What initiatives or programs are in place to support students' social and emotional well-being, especially in light of the increased focus on mental health in schools?

We have school counselors, a district-wide social worker, community partnerships, and a district-wide character education program that all

work together alongside teachers, paraeducators, nurses, and administrators, to help our students' social and emotional well-being.

Can you share some success stories or memorable moments from your time as superintendent?

One memorable moment for me was when, on a Friday, the Governor announced that we would close school as of the next Tuesday. I was so proud of our entire staff because we didn't miss a single day of school. We gave out laptops and learning packets on Monday so that online learning would start immediately, and we started delivering food to our distribution points on Tuesday. It may have been bumpy during the pandemic, but our kids didn't miss a single day of school. I'm very proud of how our entire system, including community services who provided access to home internet, as an example, virtually linked arms in order to support our students and provide some structure during such a difficult time.

Another memorable moment for me was watching a student with special needs in an athletic tournament. How the entire athletic community and our students embraced their classmate, celebrated his success, and helped him feel like the champion he is was one of the highlights of my time so far in the school district.

Another memorable moment involves our partnership with Blue Origin. I just love how the scientists from Blue Origin partner with 7th grade students and teachers on the Mars project. This is a project that could not only lead to careers, but maybe even a future reality that we can only imagine right now.

Who or what inspires you?

My daughter is my greatest inspiration. Other than my daughter, I'm inspired by

every educator who gives their all in order to (help) children to grow up, have positive futures, and positively contribute to our communities and world.

What do you like to do with your free time?

I like to hike, read, and spend time with friends and family. I really love getting the chance to travel and see sea turtles in the wild when I can.

What do you want your legacy to be?

A legacy is a long-lasting impact, so the best legacy I can leave is to know that I have played a role in the education and childhoods of the precious youth of our communities. What I work for everyday is that they cross the stage at graduation and go on to fulfill their dreams.

Is there anything else you want our readers to know?

I would like to express my gratitude and appreciation for the communities of our school district. It's truly a special place, and I am so impressed with how community members work together to serve the children here. It is incredibly special to see people providing coats to those who are cold, food for those who are hungry, cheers for those who perform or compete, ski passes to those who need to learn how to ski, school supplies to those who need them for school, scholarships for those who need a helping hand for college or various community opportunities, and the list goes on and on. Thank you also for support of bonds and levies as our students have safe places to learn, the opportunity to participate in after school activities and athletics, and technology that is essential in education today. We are all grateful for the community support we receive in the Upper Valley.

Quinn Propst: (509) 731-3590 or quinn@ward.media

Chelan County Sheriff's Report



This report is compiled from records provided by the Chelan County Sheriff's Office and RiverCom. The publisher cannot certify the complete accuracy of the information provided.

September 22

- 05:04 Alarm, 15255 US Hwy. 2, Coles Corner
- 06:24 Animal Problem, 116 River Bend Dr., Safeway
- 06:33 Animal Problem, 108 Snow Creek Ln.
- 08:39 Parking/ Abandoned Vehicle, Chumstick Hwy. MP 7
- 08:56 Weapons Violation, 8978 Motel Rd., Dryden
- 11:02 Agency Assist, 405 Pine St.
- 12:48 Attempt to Locate/ Contact, Snow Lakes trailhead
- 13:07 Attempt to Locate/ Contact, Lake Valhalla, Lake Wenatchee
- 15:44 Attempt to Locate/ Contact, Colchuck Lake trail
- 17:20 Agency Assist, US Hwy. 2 MP 64, Stevens Pass
- 17:57 911-call, 100 Enchantment Park Way
- 18:24 Theft, US Hwy. 2 MP 103, Peshastin
- 18:53 Public Assist, 520 Pine St.
- 20:16 Attempt to Locate/ Contact, Enchantments
- 20:34 Attempt to Locate/ Contact, Snow Lakes trailhead
- 21:03 Missing Person, 116 Boyal Ln., Wedge Mountain
- 22:36 Traffic Offense, US Hwy. 2 and Main St., Peshastin

- 17:24 Public Assist, 1300 block Front St.
- 18:03 Property, Leavenworth
- 22:38 Noise Complaint, US Hwy. 97 MP 181, Peshastin
- 22:54 Attempt to Locate/ Contact, Colchuck Lake trail

September 24

- 01:52 911-call, 309 8th St., Post Hotel
- 10:44 Weapons Violation, 16999 Second Creek Rd.
- 11:48 Assault, 14193 Chiwawa Loop Rd., Midway Grocery, Lake Wenatchee
- 12:18 Public Assist, Coulter Creek and Roaring Creek Roads, Lake Wenatchee
- 12:27 Traffic Offense, Chumstick Hwy. and Merry Canyon Rd.
- 13:59 Juvenile Problem, 359 Whitman St.
- 15:17 Public Assist, 7167 Icicle Rd.
- 18:38 Traffic Offense, US Hwy. 2 and E. Leavenworth Rd.

September 25

- 03:53 Agency Assist, US Hwy. 2 MP 98
- 11:40 Welfare Check, 8333 River View Rd., Peshastin
- 13:15 Public Assist, 8333 River View Rd., Peshastin
- 15:46 Traffic Offense, 300 Enchantment Park Way
- 15:58 Welfare Check, 12413 Chumstick Hwy.
- 16:23 Suicide Threat, Ward Strasse
- 18:33 Suicide Threat, Ward Strasse
- 19:41 Fraud/ Forgery, 13988 Chiwawa Loop Rd., Lake Wenatchee

September 26

- 04:13 Domestic Disturbance, 14392 Brae Burn Rd., Lake Wenatchee
- 07:23 Swat, 14392 Brae Burn Rd., Lake Wenatchee
- 10:56 Theft, 10189 Merry Canyon Rd.
- 11:03 Parking/ Abandoned Vehicle, 200 block Peshastin Mill Rd.

- 12:34 911-call, 309 8th St., Post Hotel
- 16:50 Public Assist, 9646 Marson Dr.
- 17:00 Welfare Check, 1329 US Hwy. 2, Dan's Food Market
- 17:37 Juvenile Problem, Main St. and Derby Canyon Rd.

September 27

- 08:37 Welfare Check, 16880 N. Shore Dr., Lake Wenatchee
- 10:04 Parking/ Abandoned Vehicle, 13646 Chumstick Hwy.
- 10:30 Theft, 130 Titchenal Way, Martin's IGA Market
- 13:26 Domestic Disturbance, 200 Ward Strasse
- 14:14 Public Assist, 22744 Lake Wenatchee Hwy., Lake Wenatchee
- 14:30 Suspicious Circumstance, 990 US Hwy. 2 park n' ride
- 15:47 Public Assist, 21317 SR 207, Lake Wenatchee
- 16:07 Property, 700 US Hwy. 2, City of Leavenworth
- 16:32 Parking/ Abandoned Vehicle, 13647 Chumstick Hwy.
- 17:45 Suspicious Circumstance, 9945 School St., Peshastin
- 19:10 Traffic Offense, Main St. and Ludwig Hill Rd.
- 19:43 Juvenile Problem, 10144 Main St., Peshastin
- 19:45 Domestic Disturbance, 2259 Riffle Dr., Lake Wenatchee

September 28

- 09:16 Parking/ Abandoned Vehicle, 100 Ward Strasse
- 12:15 Welfare Check, Lions Club Park
- 13:04 Civil Dispute, 14008 Brae Burn Rd., Lake Wenatchee
- 15:12 Traffic Offense, US Hwy. 2 and 3rd St.
- 15:23 Property, US Hwy. 2 and US Hwy. 97, Big Y, Peshastin
- 16:42 Assault, 116 River Bend Dr., Safeway
- 17:00 Injury Accident, Central Ave. and Evans St.
- 20:37 Traffic Offense, Log Bridge Rd. and US Hwy. 97
- 21:21 Alarm, 923 1st St., Chelan Falls

Breast Cancer Survivor's Struggle with Long-Term Medication

"I don't think I can take this medicine for the next five months, let alone five years," insisted Robbie, a 61-year-old breast cancer survivor.

After completing chemotherapy and surgery six months ago, Robbie's doctor prescribed an anti-estrogen medicine called Arimidex® (anastrozole) to help prevent it from coming back. He wants her to take it for five years. But two weeks after starting it, she was ready to quit.

Anti-estrogen medicines are widely used to treat and prevent breast cancer. There are two types of anti-estrogen medications: those that reduce estrogen production and those that block its action on the body.

In women who have gone through menopause, an enzyme called aromatase is needed to create estrogen. Medications interfering with estrogen production by aromatase are called aromatase inhibitors. Anastrozole (Arimidex®) and letrozole (Femara®) are aromatase inhibitors often prescribed for five years after initial breast cancer treatment to decrease the risk of recurrence.

Estrogen-blocking medicines prevent estrogen from binding to breast tissue. The estrogen blocker tamoxifen (Nolvadex®) is used alone or with other drugs to treat breast cancer and avoid recurrence in high-risk women.

Anti-estrogen medicines' most common side effects are aching muscles or joints, hot flashes or night sweats, weight gain, dry skin and hair, and vaginal dryness and discomfort.

One way to combat dry skin and hair is to eat a "good fat" diet with olive oil like in the Mediterranean diet, or coconut oil instead of vegetable oil or butter. I'm not a fan of the taste of olive oil. I prefer avocado oil, which has a buttery flavor.

Hot flashes and night sweats are common side effects of tamoxifen or aromatase inhibitors. Unfortunately, hot flashes from these medicines don't seem to respond to eating soy or taking black cohosh (Remifemin®) or red clover supplements.

Unfortunately, Remifemin® and other herbal products sold for menopausal symptoms like hot flashes CAN act like estrogen in breast tissue. This is precisely what you DON'T

need if you are trying to decrease your risk of breast cancer.

Fortunately, some prescription medicines can help relieve menopausal symptoms without estrogen. Antidepressants like venlafaxine, citalopram and nerve medications like gabapentin can ease hot flush and night sweats.

Like Robbie, nearly half of women taking aromatase inhibitors experience aching muscles or painful joints. Although non-prescription medicines may offer relief, no option is better than any other.

One place to start is with either Tylenol 8-Hour® or Tylenol Arthritis® Extended Relief, which lasts twice as long as Tylenol® Extra Strength. Sarah could try one or two of the 650mg tablets twice daily every day.

Anti-inflammatory medications may also help muscle aches and joint pain, like Ibuprofen (Motrin-IB), naproxen (Aleve®), fish oil capsules, and cannabidiol (CBD).

Glucosamine may offer relief and has minimal side effects; it can also be added to other medicines without causing problems. I recommend glucosamine powder twice daily because it is less expensive and better absorbed than taking the pill form. Allow 4-6 weeks of taking glucosamine to see the full effect before deciding if it's helping you.

If these don't help, please talk to your doctor. People differ widely in how drugs affect them. Switching to a similar medicine can make a huge difference.

Here are 5 Tips for Living With Anti-Estrogen Medicines:

1. Try a "good fat" diet.

To help relieve dry skin and hair, switch from a "low-fat" to a "good-fat" diet like the Mediterranean diet. "Good fats" include coconut, avocado, and olive oil. Taking a fish oil supplement may also help.



2. Avoid soy and menopause relief supplements.

Don't take concentrated soy products and herbal supplements marketed for hot flush symptoms. Although weaker than prescription-strength estrogen, these alternatives can have similar effects on breast tissue and should be avoided by women at risk for breast cancer.

3. Keep moving.

Physical activity discourages weight gain, boosts mood, and may reduce the muscle aches and joint pain experienced by nearly half of women who take an aromatase inhibitor, like Robbie. If your muscles or joints ache, don't blame old age; it may instead be due to your medicine.

Glucosamine powder, Tylenol® Arthritis (650mg tablets), Aleve® (naproxen), Motrin-IB (ibuprofen), fish oil capsules, and even CBD elixirs can help you stay more active.

4. Talk to your doctor.

For hot flashes and night sweats, prescription medicines like the antidepressants venlafaxine and citalopram or anti-seizure gabapentin may help.

5. Don't suffer, speak up!

Talk to your doctor if your muscles or joints hurt. Switching to another medicine may improve Robbie's symptoms, making the five years of taking anti-estrogen pills more bearable.

Dr. Louise Achey, Doctor of Pharmacy, is a 44-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com.* ©2023 Louise Achey



Get rid of all that extra stuff with an ad in the Echo/Record Classifieds.

Call us at 509-548-5286



Crepe Stack Cake

Grandma Gay sent me home with a whole lot of apples from her back yard trees. It being the season for apples, I was trying to find a good recipe for them when I came across my stack cake recipe.

A few years back I found a recipe for old fashioned stack cakes. Folklore has it when there was a pioneer wedding each family coming to the wedding brought a layer for the cake; when all the families showed up for the wedding the cake was assembled by

stacking the layers with apple sauce in between each layer.

Despite what my kids may think, I wasn't around then so I'm not 100% sure that's the case. However, it makes sense to me that stack cakes would have been used at gatherings because food was often scarce. For a wedding I doubt one family would have been able to gather all the ingredients to make the kind of wedding cake we use today, then be able to spend the time to make it when they had gardens to tend, chickens to feed, cows to milk, hay to cut not to mention the day to day

'doings' that keep body and soul together like cooking, laundry, home maintenance and sleep.

When I found that old recipe for stack cakes it called for six to eight round cake pans only partially filled then baked for 15 to 20 minutes. I don't have six to eight round cake pans; I don't have an oven that fits six to eight round cake pans and I certainly don't have half a day for making a cake. So instead, I make a double batch of crepes for breakfast and hold back half the crepes to be made into an applesauce stack cake dessert for dinner. Works for me.

Crepe Stack Cake

- Cooked Apple Sauce**
- 4-8 apples peeled, cored and diced • ¼ to 1 cup brown sugar (optional)
 - Water as needed
- Ground spices (optional)
Put peeled, cored and diced apples in a small crock pot or a sauce pan. Simmer until the apples fall apart adding water as needed. Mix in sugar and spices to taste. Set aside to use as filling between the layers of crepes for the stack cake.
- Crepes**
- 3 eggs • ½ cup milk
 - ½ cup water
 - 3 Tablespoons melted butter or oil
 - ¾ cup flour • ½ tsp salt
- Mix eggs, milk and oil. Add flour and salt and beat until well blended. If the batter is left to

set for a few hours or overnight it will be less lumpy; more uniform; easier to swirl in the skillet, and errant egg shells will settle on the bottom and don't have to become part of the crepe. Heat a small skillet brushed with oil until a drop of water splashed in it sizzles and skittles across the bottom of the pan. (It's important that the skillet be hot or the crepes will stick to the pan.) Then pour in just enough batter to cover the bottom of the pan (about 3 Tablespoons for a six-inch skillet) Tip the pan with the handle, swirling until the batter is distributed all across the bottom of the skillet. This has to be done quickly in order to spread out the batter before it stiffens up in the heat. Cook until the top is just becoming dry, then flip the crepe and

brown the other side. Oil the pan as needed so the crepes don't stick.

To Assemble
On a plate large enough to hold the crepes start making layers. First a crepe then a thin layer of apple sauce, repeat, repeat, repeat until the cake is as tall as you'd like, or you run out of crepes or apple sauce. Frost the top with a layer of apple sauce and cut into wedges to serve as dessert. If whipped cream, vanilla yogurt or ice cream are available they make good toppings too.

Choices
Any fruit puree, jam, pudding or frosting will work as filling between the layers of crepes. Leftover flattened toast or pancakes can be substituted for the crepes. It's all good.

About the author: In 2000 Michele Priddy left the work force to become a stay-at-home mother and wife. Being a one-income family in today's society meant she had to learn to budget quickly. Food became a priority early because she wanted the children to have the best nutrition she could offer them even on a budget. She taught cooking classes at various churches in her community on "How to stretch the food dollar with simple ingredients". Michelle has put her kitchen strategies, stories and recipes in booklets, her church newsletter and in her hometown newspaper, The Goldendale Sentinel. We hope you will enjoy her strategies, stories, and recipes.



COURTESY OF HEIDI SWOBODA

Second graders run back to tag a relay team member, while Isabelle Auty serves as the marker for the out-and-back course.

Auty

Continued from page A1

with quick pauses in the music, Auty directed them to skip, crawl, and do slow rotations. The energy release was immediate, heart rates rose, and then students were able to settle into a sitting circle. The day's fun would include Gotcha Tag and an outdoor relay. But first was a question, "What is sportsmanship?"

Answers included saying "good game" whether you win or lose and giving high fives. After each activity, Auty returned to her question, and the kids could elaborate further, saying sportsmanship means only saying "Gotcha" in tag if you really tag someone, helping someone if they fall down, and going all the way around the cone—no shortcutting—in a relay.

Gotcha tag achieved 100% participation; everyone was an "it," armed with two bean bags to slide toward classmates' feet. And "getting out" earned only a short stint of brain exercises like ten raised knee touches with the opposite hand. To go across the body from left hand to right knee builds the bridge between the two brain hemispheres, which allows for more complex movement and thinking, Auty explained.

Auty's lessons are play-based, with physical and socioemotional fundamentals being taught at the same time. In the relay, Auty didn't emphasize the winning team. No one even noticed because kids continued to tag each other for another leg of running or backward walking. For the final few minutes of P.E., Auty switched to a calming activity of juggling scarves. "Hold it out like a stinky sock," she advised the class, adding the challenge of throwing and catching with the same hand rather than passing from hand to hand.

Her curriculum matches student development. Whereas PD students might work on throwing skills, ALPS students will use that foundation to learn the game of ultimate frisbee. This spring, with a fleet of new bikes at the schools, Auty will

introduce a bike unit to all but the youngest grades. Students will practice maneuvering skills and modeling, such as getting down on the grass.

Auty taught middle schoolers for eight years, and now, teaching at elementary schools, she says, "There's a contagious energy. Everything is fun, and they want to play." Auty does a lot of role modeling, such as getting down for pushups with a student, which keeps her moving too, while feeding the students' desire to learn and improve.

Auty has long known the value of physical activity; her father was a P.E. teacher. When she traveled the world

on a sabbatical, SCUBA in Australia, skiing in Europe, and hiking to Everest Base Camp were part of her itinerary. She and her husband chose Leavenworth in large part because of the many ways to get outside with their four-year-old daughter, including introducing snowboarding and skiing to her at Ski Hill. Auty often bikes between the two schools, showing her students that sport and fitness can be part of everyone's daily life.

"Typically, it takes a few years to feel at home' in a new school, but Isabelle has jumped right in!" raved Emily Ross, PD principal. "Within Isabelle's first year, she created field days for

students, collaborated with teachers (everything from body spelling of letters to adjusting her schedule to support special education students), continued the tradition of Nordic skiing, and even went as far as allowing a jogathon top earner to cover her head with sardines during a celebration.

"Her energy is contagious, her intentional teaching is supporting a new generation of students in laying a healthy foundation of movement and exercise into their lives, and her willingness to include all students regardless of behavior or need is felt by every student in the school. It's been a pleasure to have her at PD!"



Kodiaks Scoreboard

FOOTBALL	
Sept 29:	Cascade 0, Quincy 34, Loss
GIRLS SOCCER	
Sept. 26:	Cascade 1, Cashmere 2, Loss
Sept. 28:	Cascade 4, Quincy 3, Win
Sept. 21:	Cascade 6, Omak 1, Win
VOLLEYBALL	
Sept. 26:	Cascade 0, Cashmere 3, Loss
Sept. 28:	Cascade 1, Quincy 3, Loss
Sept. 30:	Cascade 2, Naches Valley 3, Loss
Sept. 30:	Cascade 3, East Valley 0, Win

Sports Schedule

FOOTBALL	
Oct. 6:	Cascade vs. Cashmere, Home at 7 p.m.
GIRLS SOCCER	
Oct. 7:	Cascade vs. Liberty Bell, Home at 11 a.m.
Oct. 10:	Cascade vs. Omak, Home at 6 p.m.
CROSS COUNTRY	
Oct. 14:	Leavenworth Invitational, Home at 12:45 p.m.
VOLLEYBALL	
Oct. 7:	Cascade vs. Cle Elum, Home at 11 a.m.
Oct. 9:	Cascade vs. Omak, Home at 6:30 p.m.

KODIAK SPORTS SPONSOR OF THE YEAR



Best of Luck Kodiak Athletes

From your fresh, friendly LOCAL grocer. 509-548-5611

POWERED BY THE PAST — BUILT FOR THE FUTURE

You're invited to the **Grand Opening** of Chelan PUD's new Service Center **Saturday, October 7 from 10 a.m.–2 p.m.**

CHLAN COUNTY
POWERED BY THE PEOPLE WE SERVE

CHLAN COUNTY P.U.D.

Cross Country

Continued from page A1

lot more racing before then, though. So, I'll continue to work hard, see how things go, and hope for the best for all of us on the team."

"Brayden worked very hard over the summer, running a whole lot of miles," explained CHS Head Coach Dayle Massey, who continued: "Obviously, he has a lot of ability, but without his work ethic, I don't think he'd have realized all he's achieved - coming from our number five runner last year to be our number one now, setting school records and being best in the state."

Anderson is not alone in making Kodiak history this season. The girls' varsity team, comprised of seniors Paige Nunally and Isabel Menna, juniors Caroline Menna, Alice Farrell, Grace McDevitt, and

Harper Baker, and sophomore Gwen Pehowski, are ranked second in the state. "So far this season, they're the most successful girls' team in our history," stated Massey, who is in his 25th year at CHS as a math and science teacher and 14th as the cross-country coach. "Almost everyone is returning from last year, making for an experienced group who knows the value of hard work. It's also the largest girls' team we've ever had."

Massey went on to explicate that "especially at the high school age, getting as many kids out there as we can and enthused, in my experience, is the best way to produce a good team. Building the culture is key; there are no magic workouts. It takes hard work to run well, as we've seen, and that work is much more fun if done with a big group. We're also lucky to have good captains [Anderson, Blue

Knutson, and Isabel Menna] who help to encourage and motivate."

While not yet breaking records, the boys' team, as a whole, is also off to a strong start, currently ranked 10th in the state, with notable improvement by Anderson's summer training partner Ben Jerome, who himself already dropped two minutes from his best time last year and is vying for the second spot of the varsity team that also includes seniors Jasper Bard and Blue Knutson, junior Cruz Martinez, sophomore Miles Porter, and freshman Grant Burrill.

The Kodiaks next travel twice in two weeks to the west side of the Cascades to attend Washington State's two premier races: the Nike-sponsored "Twilight XC" and "Hole in the Wall" invitationals, before hosting their own race at Leavenworth's Ski Hill on Oct. 14.



SUBMITTED

CHS seniors Brayden Anderson and Jasper Bard led the field at the start of the Wenatchee Invite on September 16th. At the race, Anderson became the fastest XC runner in CHS history



Move in before the snow flies and enjoy ONE MONTH FREE RENT!

Avoid the cold and worries of snow removal and enjoy the beauty of winter from your warm, cozy new home at Mountain Meadows Senior Living Campus.

For a limited time, we are offering **one month free rent** if you move in to our one bedroom Independent Living apartments by December 1, 2023.

Stop by today, enjoy a hot cup of coffee or tea, take a tour and experience for yourself why our residents love winter at our beautiful community.

Tour today! (509) 548-4076



Independent Living Cottages • Assisted Living • Memory Care

www.mountainmeadowsliving.org

APPLE CAPITAL Marketing a division of **WARD MEDIA**

FACEBOOK ADVERTISING
FINESSE: **TARGET, CONVERT, SUCCEED**
Harness the power of Facebook Ads to reach your ideal customers, drive conversions.

Skyrocket your business growth!

29 S. Wenatchee Ave., Suite A
Wenatchee, WA 98801

More information **509 731 4392**

OBITUARY & MEMORIAL POLICIES

Ward Media, LLC: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. *Payment is due at the time of placement. *Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email obits@ward.media

UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

CASHMERE

CASHMERE BAPTIST CHURCH
103 Aplets Way • 509-782-2869
Sunday School, all ages, 9 a.m. Worship 10 a.m.
Bible Study, Wed., 6.30 p.m.
Pastor Bob Bauer
Find us on Facebook at Cashmere Baptist Church

CASHMERE PRESBYTERIAN CHURCH
303 Maple Street • 509-782-2431
Sunday Morning Worship 10:30 a.m.
Call for activities: Pastor Charles Clarke
www.cashmerepres.org

CASHMERE COMMUNITY CHURCH
213 S. Division • 509-782-3811
In-person Service, Sunday, 11 a.m. until further notice.
Pastor Lilia Felicitas-Malana
cashmerecommunitychurch@gmail.com



Sunday Worship Service at 10 am
Lead Pastor Steve Haney
5800 Kimber Rd., Cashmere
509-295-8006
christcentercashmere.com



GRACE LUTHERAN CHURCH
• 509-860-0736 • 401 Elberta Ave.,
Morning Prayer or Holy Eucharist.
Services, 10 a.m.
Pastor Rob Gohl

ST. JAMES EPISCOPAL CHURCH
• 509-860-0736 • 222 Cottage Ave.,
Morning Prayer or Holy Eucharist.
Services, 9:00 a.m.
Pastor Rob Gohl

DRYDEN

DRYDEN COMMUNITY CHURCH
Hwy 2 at Dryden Ave. • 509-782-2935
Sunday School 9:30 a.m.
• Worship 10:45 a.m.
Pastor Steve Bergland

MID-VALLEY BAPTIST CHURCH
8345 Stine Hill Rd. • 509-782-2616
Worship Service, 10 a.m.,
Sunday School, 9 a.m.
Pastor Mike Moore
www.midvalleybaptist.org

LEAVENWORTH

CASCADE MOUNTAIN BIBLE CHURCH
Office: 509-548-4331
11025 Chumstick Hwy.
Please join us Sunday mornings
9 a.m., Sunday School
10:30 a.m., Worship Service

CORNERSTONE CHURCH
Leavenworth Front Hall
621 Grant St.
info@cornerstoneleavenworth.com
Sunday Worship - 10 a.m.



CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
10170 Titus Rd. (across from middle school)
Church: 509-548-7667
Meetings: Sunday - 10 a.m.

FAITH LUTHERAN CHURCH - ELCA
"Reconciling Works Congregation"
224 Benton Street • 509-548-7010
Worship 9:30 a.m. w/coffee following
Eva Jensen, Pastor
<https://www.cleavenworth.com>

FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC
429 Evans Street, 509- 470-7745
Sunday Worship: 11 a.m.
Website: www.leavenworthbaptist.com
Email: info@leavenworthbaptist.com

LEAVENWORTH CHURCH OF THE NAZARENE
111 Ski Hill Drive • 509-548-5292
Sunday Worship 9 a.m.
Lead Pastor: Greg Appleby
Youth Pastor Paige Derossett
Worship Pastor-Jacob Mitchell
www.LCN.org

SEVENTH DAY ADVENTIST CHURCH
10600 Ski Hill Drive • 509-548-4345
Saturday Services • Bible Study 9:30 a.m.
Worship 11 a.m. • Fred Smith • 509-860-3997



SPIRIT LIFE CENTER
210 Benton Street • 509-548-7138
Sunday Worship 10 a.m., Prayer 6 p.m.
Wednesday Bible Study 6:30 p.m.
Pastor Russell Esparza

MONITOR



MONITOR UNITED METHODIST CHURCH
3799 Fairview Canyon • 509-782-2601
In-person service, Sunday, 9 a.m.
Pastor Lilia Felicitas-Malana

PESHASTIN

LIGHT IN THE VALLEY COMMUNITY CHURCH
8455 Main Street
Sunday Worship 10 a.m. • Pastor John Romine
www.lightinthevalley.org



NEW LIFE FOURSQUARE CHURCH
7591 Hwy. 97 • 509-548-4222
Sunday Worship, 10 a.m.
Pastors, Darryl and Mindy Wall
Email: newlifeleavenworth@gmail.com
FB page: [newlifeleavenworth](https://www.facebook.com/newlifeleavenworth)
www.newlifeleavenworth.com

PLAIN



PLAIN COMMUNITY CHURCH
Serving Our Valley Since 1941
12565 Chapel Dr. 509-763-3621
Looking for you at 10:30 this Sunday!
plaincommunitychurch.org
[facebook.com/plaincommunitychurch](https://www.facebook.com/plaincommunitychurch)
office@plaincommunitychurch.org



Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
509-682-2213 - Lake Chelan Mirror • 509-689-2507 - Quad City Herald

CLASSIFIEDS

PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

CORRECTIONS: Ward Media LLC shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for the corrections made thereafter. Ward Media LLC shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. Ward Media LLC's liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisements in any subsequent issue. No monetary refunds will be given. For more information call 509-548-5286.



Administrative

Puzzle Solution

E	C	O	L	I	A	S	H	T	H	O	R
P	O	P	I	N	S	K	I	Y	O	U	R
I	D	E	S	T	P	A	N	E	R	N	S
C	Y	C	L	O	P	S	D	E	M	I	G
E	N	E	R	I	V	E					
T	A	B	E	A	S	E	N	O	U	G	H
I	D	E	S	S	W	A	G	I	M	P	L
T	O	L	L	E	A	G	L	E	A	P	E
A	B	O	U	T	N	E	E	M	N	E	A
N	E	W	B	I	E	N	E	B	S	R	N
P	E	A	T	E	W	E					
P	A	N	D	O	R	A	T	R	I	D	E
A	L	O	O	F	R	A	Y	P	E	K	O
S	E	R	I	F	G	N	P	E	M	E	N
S	E	N	T	H	I	E	D	A	D	O	S

7	6	8	9	1	2	5	4	3
2	3	9	6	4	5	7	8	1
5	1	4	3	7	8	6	9	2
6	8	1	4	2	3	9	5	7
3	7	2	8	5	9	4	1	6
4	9	5	1	6	7	2	3	8
9	4	6	7	3	1	8	2	5
1	2	7	5	8	4	3	6	9
8	5	3	2	9	6	1	7	4

Announcements

Lost & Found

LOST & FOUND ITEMS can be placed in our Local Newspapers and Online at NCWMARKET.COM for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

Leavenworth/Cashmere
509-548-5286
or email classifieds@ward.media
or
Lake Chelan Mirror
509-682-2213
or
Quad City Herald
509-689-2507
or email classifieds@ward.media

Deadline Noon on Friday for the next week's papers

Happy Ads

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at www.NCWMarket.com

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.

Lake Chelan Mirror or Quad City Herald or email classifieds@ward.media For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email classifieds@ward.media

General Interest

ADVERTISE STATEWIDE with a \$325 classified listing or \$1600 for a display ad. Call this newspaper or 360-344-2938 for details.

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. 10% Senior & amp; Military Discounts. Call 1-888-360-1582.

PREPARE FOR POWER OUTAGES today with a GENERAC home standby generator. \$0 money down + low monthly payment options. Request a FREE Quote. Call now before the next power outage: 1-888-674-7053.

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details, 855-635-4229.

Need to promote your event? Have you thought about NCWMarket.com the best online promotion available

General Interest

BREWSTER SCHOOL DISTRICT P.O. BOX 97, BREWSTER, WA 98812 • 509-689-3418 Child Find Notice

The process of locating and evaluating children with developmental delays or other disabilities is referred to as "Child Find." The Individuals with Disabilities Education Act (IDEA) requires all school districts to locate, evaluate, and provide services to individuals birth to age 21 years old who may have a disability. If you suspect your child or if you know of a child that may have a developmental delay or disability, please contact the Brewster School District Special Education Department at 509-689-2581. The Brewster School District offers free developmental screenings. These screenings are designed to provide a brief assessment of the communication, adaptive, cognitive, social-emotional, and motor development of the child. Developmental screening appointments are available. Please contact the Brewster School District Special Education Department at 509-689-2581 to schedule an appointment.

Aviso del Proceso de Child Find

El proceso de localizar y evaluar a los niños con retrasos en el desarrollo u otras discapacidades se conoce como "Child Find". La Ley de Educación para Personas con Discapacidades (IDEA) requiere que todos los distritos escolares ubiquen, evalúen y brinden servicios a personas desde el nacimiento hasta los 21 años que puedan tener una discapacidad. Si sospecha de su hijo o si sabe de un niño que puede tener un retraso en el desarrollo o una discapacidad, comuníquese con el Departamento de Educación Especial del Distrito Escolar de Brewster al 509-689-2581. El Distrito Escolar de Brewster ofrece evaluaciones de desarrollo gratuitas. Estas evaluaciones están diseñadas para proporcionar una evaluación breve del desarrollo comunicativo, adaptativo, cognitivo, socioemocional y motor del niño. Las citas de evaluación del desarrollo están disponibles. Comuníquese con el Departamento de Educación Especial del Distrito Escolar de Brewster al 509-689-2581 para programar una cita

Windermere Real Estate/NCW Leavenworth/Lake Wenatchee Specialists

Looking for real estate in the Upper Valley? Give us a call today!

Robyn Bodajla - 617-462-3402
Momi Palmieri - 509-433-2211
Geordie Romer - 509-679-8958
Allyson Romer - 509-630-9898

See all available properties at windermereleavenworth.com

Employment

Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

- Cascade High School Special Education Para Educator

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

Looking for a great local employee?

It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email classifieds@ward.media OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@ward.media

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

NEEDED

A pianist/ accompanist for the Leavenworth Community United Methodist Church. Approximate hours on Sundays would be from 9:30-11:00 a.m. Our services include a prelude and postlude, two or three hymns and traditional service pieces (Doxology, etc.). Please leave a message at the church: 509.548.5619 and we will contact you.

Bus Driver/Operator - Part-Time

Organization: Okanogan County Transit Authority (TranGO)

TranGO IS HIRING A DRIVER; Part-time (25-30 hours per week) position available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include a percentage of agency paid health, dental, vision, life insurance, and retirement (see website for benefit details), sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit www.okanogantransit.com for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for the position. E-mail your completed application to financehr@okanogantransit.com, mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S 2 nd Avenue, S, Suite A, Okanogan. Application Deadline: Application review will continue until the position is filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

Help Wanted

CASCADE SCHOOL DISTRICT

School District is seeking qualified applicants for the following positions:

- Cascade High School Head Baseball Coach

Fast Track application process and information can be found on our website at www.cascadesed.org EOE

For Sale

Antiques & Collectibles

Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds. Place your ad with pictures online 24/7 at www.NCWMarket.com Register and pay on our secure site.

Want Print Only? Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email classifieds@ward.media or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 classifieds@ward.media **Deadline: Noon on Friday for all papers.**

Garage & Yard Sale

CLEAR SOME SPACE WITH A Garage Sale

Fill your pockets with **CASH \$\$** Let others know what items you are selling!

Go online now to Place your ad 24/7 at www.NCWMarket.com

Print only? **Deadline Friday at Noon for all papers**

Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286 Email: classifieds@ward.media

Your ad will appear online and in the newspapers for one low price!

Real Estate

Vacation Rentals

Arts and Crafts Retreat Chelan Mountain Lake View. Walk to town. Private vacation or vocation. Fully furnished, 800 sf. house on four acres. \$1,600 monthly, first and last, plus returnable deposit. windowsart.com 206-632-7332

Vehicles

Boats & Trailers

2005 Bayliner Model 212CU 150 HP Inboard/Outboard with trailer. Original owners. Immaculate condition. Less than 100 hours on engine. Never been in salt water. Bimini top, heater, stereo by Car Toys, detachable table, swim step, several life jackets, canvas bumpers, portable toilet (never used - it's still brand new), all original paperwork. Too good to believe. This is truly like a brand new boat. It's a must see! Engine completely cleaned and serviced in May of this year, 2 new batteries, tabs on thru June 2024. Lots of time left this year to enjoy Lake Chelan. Boat is ready and waiting right here in Chelan to go out on the lake. \$24,500 206-227-4462

Legals

Public Notices

Lake Wenatchee Fire & Rescue.

Boat and Trailer for sale. Older 16 ft Boston whaler boat. With a Calkins single axle trailer and a 2003 Yamaha 50 horsepower two stroke motor. There is no vin numbers on the boat and trailer. This is a sealed bid and it's "as is" with NO titles and NO Warranty, bill of sale only! Sealed bids only closes on Friday Oct 13 2023 at noon. You can drop off or mail to: 21696 Lake Wenatchee Highway, Leavenworth, WA 98826. Only the winning bidder will be notified. Must be removed by October 16th . Any questions leave a message for Kelly @ 509-763-3034 Published in the Leavenworth Echo/Cashmere Valley Record on Oct 4, 2023. #6444

Place your Help Wanted and find the best qualified local employee

- Place your ad 24/7 at ncwmarket.com
- Email: classifieds@ward.media
- Call 509-548-5286



Advertise in the Classifieds

509-548-5286

Looking for a home for your Furry friend?

Try the pet section on NCWMarket.com

Public Notices

Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685
 The Leavenworth Echo (USPS 308 160) is published weekly at Leavenworth, WA. Annual subscription rates: \$40.00 in Chelan County, \$50.00 outside Chelan County in the United States. Mailing address: 29 S. Wenatchee Avenue, Ste. A, Wenatchee, WA 98801. Publisher Terry Ward, Ward Media LLC., 29 S. Wenatchee Avenue, Ste. A, Wenatchee, WA 98801.
 Editor, Terry Ward.
 The Leavenworth Echo is owned by Ward Media LLC. Stockholders owning 1 percent or more of the total amount of stock: Terry Ward, Ward Media LLC., 29 S. Wenatchee Avenue, Ste. A, Wenatchee, WA 98801. Numbers are average during preceding year and for September 27, 2023. Total number of copies printed: 868, 856, Sales through dealers and carriers, street vendors and counter sales: 550, 550. Total paid and requested circulation: 830, 820. Free distribution: 39, 39. Total distribution 869, 859. Copies not distributed 0, 0. Total 869, 859. Percent paid and/or requested circulation: 95.51%, 95.46%.
 I certify that all information is true and complete. Terry Ward.
 Published in The Leavenworth Echo on October 4, 2023. #6451

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In the Matter of the Estate of BILL G. HARRISON, Deceased.
No. 23-4-00340-04
PROBATE NOTICE TO CREDITORS
(RCW 11.40.030)
 The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the Court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and nonprobate assets.;
DATE OF FIRST PUBLICATION: September 27, 2023; Personal Representative: Pete Harrison; Attorneys for the Personal Representative: David Visser, WSBA# 41546; Address for Mailing or Service -Overcast Law Offices; Attn: David Visser; 23 S Wenatchee Ave, Suite 320; Wenatchee, WA 98801; (509) 663-5588
Court of probate proceeding and cause number: Chelan County Superior Court; Cause Number: 23-4-00340-04; Presented by: OVERCAST LAW OFFICES; By: David Visser, WSBA No. 41546; Attorney for the Personal Representative.
 Published in the Leavenworth Echo/Cashmere Valley Record on September 27, October 4, 11, 2023. #6339

Public Notices

SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY
In re the Estate of PATRICIA JO MUSILEK Deceased.
NO. 23-4-00332-04
NOTICE TO CREDITORS
 The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.
Date of First Publication: September 20, 2023
Personal Representative: Carol Andrews;
Attorney for the Personal Representative: Kyle D. Flick
Address for Mailing or Service: 222 South Mission Street, Wenatchee, WA 98801
Court of probate proceedings and cause number: Chelan County Superior Court, Cause No. 23-4-00332-04
DATED this 15th day of September 2023.
LAW OFFICE OF KYLE D. FLICK, P.S.
 By KYLE D. FLICK, WSBA #14963 Attorney for Estate
 Published in the Cashmere Valley Record/Leavenworth Echo on September 20, 27, and October 4, 2023. #6295

Public Notices

Statement of Ownership Management and Circulation Required by 39 U.S.C. 3685
The Cashmere Valley Record (USPS 092 600) is published weekly at Cashmere, WA. Annual subscription rates: \$40.00 in Chelan County, \$50.00 outside Chelan County in the United States. Mailing address: 29 S. Wenatchee Avenue, Ste. A, Wenatchee, WA 98801. Publisher Terry Ward, Ward Media LLC., 29 S. Wenatchee Avenue, Ste. A, Wenatchee, WA 98801.
 Editor, Terry Ward.
 The Cashmere Valley Record is owned by Ward Media LLC. Stockholders owning 1 percent or more of the total amount of stock: Terry Ward, Ward Media LLC., 29 S. Wenatchee Avenue, Ste. A, Wenatchee, WA 98801. Numbers are average during preceding year and for September 27, 2023.. Total average number of copies printed: 266, 257. Sales through dealers and carriers, street vendors and counter sales: 140, 140. Total paid and requested circulation: 252, 243. Free distribution: 15, 17. Copies not distributed: 0, 0. Total 267, 260. Percent and/or requested circulation. 94.38%,- 93.46%.
 I certify that all information is true and complete. Terry Ward,
 Published in the Cashmere Valley Record October 4, 2023.

Public Notices

NOTICE OF PUBLIC HEARING ON CITY OF LEAVENWORTH MID-BIENNIUM 2023 - 2024 BUDGET UPDATE AND DETERMINATION OF PROPERTY TAX RATE / AD VALOREM TAX FOR 2024
 The Leavenworth City Council will hold a public hearing on Tuesday, October 24, 2023, at 7:00 PM at Leavenworth City Hall on the City of Leavenworth mid-biennium 2023 - 2024 budget update that includes proposed expenditures and revenue sources as well as consideration for increases in the 2024 property tax / ad valorem tax. Copies of the mid-biennium budget presentation will be available on or before October 20, 2023, at Leavenworth City Hall, 700 Highway 2, between the hours of 9:00 AM and 4:00 PM, Monday through Friday. The public is invited to attend said hearing and make comment.
 Chantell R. Steiner
 Finance Director
 CITY OF LEAVENWORTH
 Published in the Leavenworth Echo/Cashmere Valley Record on October 4, 2023. #6441



Upgrading your 'ride'? we can help you sell your old one

- Place your ad 24/7 at ncwmarket.com
- Email: classifieds@ward.media
- Call 509-548-5286

Have spare room in your facility?

Advertise on

STORAGE

NCWMarket.COM

Check the weathercams online before traveling over the mountain passes!

www.leavenworthecho.com | www.cashmerevalleyrecord.com

CROSSWORD PUZZLE



- THEME: GREEK MYTHOLOGY
- ACROSS**
- Food-contaminating bacteria
 - *Meliae are nymphs of the ___ tree in Greek mythology
 - Chris Hemsworth's superhero role
 - Come by without warning (2 words)
 - Type of patrol
 - You are
 - *That is, Latin
 - *Half man, half goat
 - German surrealist Max
 - *One-eyed giants
 - *One part human, part divine
 - Eastward compass bearing
 - Gauche or Droite, in Paris
 - Bar bill
 - Convenience
 - *"Stop right there!"
 - 15th of March
 37. Lout
 - State indirectly
 - *Collected by the mythological ferryman at the River Styx
 - *Winged symbol of Zeus
 - Copied
 44. Give or take
 - Indian Lilac tree
 - Close by
 - Inexperienced newcomer
 - Beaks
 - Genetic info carrier, acr.
 - Swamp stuff
 - Bo Peep's follower
 - *She opened an infamous box
 - *Poseidon's spear
 - Distant
 - Bit of sun
 - Tea variety
 - Font embellishment
 - Econ. indicator
 - Make improvements or corrections
 - Email folder
 - Hurry
 - Carpentry grooves
- DOWN**
- *"Beowulf," e.g.
 - Buffalo Bill's last name
 - Petroleum exporters' org.
 - Type of cotton thread
 - Pharaohs' vipers
 - Reggae's cousin
 - Indic vernacular
 - Actress Spelling
 - Like undecided jury
 - Approximately (2 words)
 - Retired, shortened
 - Saudi's southern neighbor
 - Peas, in Middle English
 - Adam's biblical partner
 - Chemical agent in a reaction
 - *Cronus or Oceanus
 - Hacienda brick
 27. Under
 - *One of Zeus' disguises
 - Arabian Peninsula country
 - Stimulant
 - Gather
 - *Hercules' Lemaeon foe
 - Lump in yarn
 - High school club
 - Hot coal
 - Alert (2 words)
 - Ever, to a poet
 - Used a credit card
 - Frustration, in a comic book
 - Swelling
 - School hallway permit
 - Sheltered, nautically
 - Female Norse deity
 - "I dare you!" (2 words)
 - Use a Smith Corona
 - Squeezed or ___ out
 - Faux pas
 - Koppel and Turner
 - *"Wheel of Fortune" request (2 words)

dish BRING EVERYTHING YOU LOVE TOGETHER!

2-YEAR TV PRICE GUARANTEE \$69.99/mo. 190 CHANNELS

CALL TODAY - For \$100 Gift Card dish.com

1-888-416-7103

SUDOKU PUZZLE

SUDOKU

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB 1-855-576-5653

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CDA 9 180276D; NDCB 0002909 0003445.

	6	9			4			
2			4	5		8	1	
5		3						2
6								
	7	2				4	1	
								8
9				1				5
1	2		5	8				9
	5			6			7	

© StatePoint Media
 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

AMBUSH AUTOMOTIVE BUYERS

Our site is promoted across North Central Washington giving you exposure to your primary potential local buyers. Your listing will continue to run for 12 months or until you cancel it



Don't just 'park' your car on the side of the road with a 'For Sale' sign on it!

'Park it' on NCWMarket.com for one low \$25 fee!

Fee includes:

- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

Washington Outdoors Report

BIRD HUNTING PROSPECTS

By JOHN KRUSE
Special to Ward Media

The Washington Department of Fish and Wildlife has published its hunting forecast for this fall. Here are the highlights when it comes to bird hunting where our readers live:

DISTRICT 1

(Stevens, Ferry, and Pend Oreille Counties):

Grouse numbers have declined in the last 14 years, but hunters should see success similar to recent years, averaging about a bird every other outing. Look for grouse on little-used Forest Service roads, especially ones gated off to vehicular traffic.

Pheasant hunting is pretty much limited to released birds at the Sherman Creek Wildlife Area in Ferry County. Wild turkeys, on the other hand, are prolific in this part of the state, and the Fall harvest of these birds has increased in recent years. Forest edges, as well as grass pastures and agricultural fields, are all good places to look for turkey.

Waterfowl hunting should be good, especially along the Pend Oreille River from Newport to Usk, for dabbling

and diving ducks, as well as Canada geese. Early-season hunters also have the chance to harvest wood ducks in the Colville, Kettle Falls, and Pend Oreille River valleys.

DISTRICT 6

(Okanogan County):

Waterfowl hunting doesn't get much press in a county known primarily for big game. Still, there are a few public places worth hunting near the mouth of the Okanogan River as well as the mainstem Okanogan and Upper Similkameen Rivers. Public hunting access can be found at the Washburn Island Unit of the Wells Wildlife Area, the Driscoll-Eyhott Island Unit of the Sinlahekin Wildlife Area, and the Similkameen-Chopaka Unit of the Scotch Creek Wildlife Area.

Okanogan County has "robust populations" of grouse, and although the number of adults in breeding areas this spring declined due to last year's extended winter, brood survival was good for the young birds. Quail populations are also solid in this region, and the spring breeding season for quail was similar to what was seen for grouse here. Hunters should find quail in



A wild turkey in Chelan County

COURTESY OF JOHN KRUSE

lower elevation, tree-lined areas, or shrub steppe in state wildlife areas throughout the county. Pheasant populations, on the other hand, are fairly minimal. There will be releases throughout this season at

the Bureau of Reclamation's Hegdal and Kline sites and at the Chiliwist Unit of the Sinlahekin Wildlife Area.

The fall turkey season opened up on Sept. 1, and you'll find good numbers of these

birds in flocks throughout the district, especially on private land near agricultural lands. The best places to hunt are in Game Management Units (GMUs) 204, 215, and 239

DISTRICT 7

(Chelan and Douglas Counties):

According to WDFW, Chelan and Douglas Counties offer some of the best quail hunting in the state. In the early season, the birds can be found in good numbers in state wildlife areas. Still, better hunting can be found on private lands, especially around orchards, if you can secure permission from landowners to hunt on their property.

Hungarian (or gray) partridge can be found in shrub-steppe habitats in Douglas County, and in 2021, nearly half of the Huns harvested in the state came out of Douglas County. Nearly 1200 of these birds were harvested statewide that year, about 500 more than average.

Chukar have typically thrived in this part of North Central Washington; on average, 4400 chukar a year are harvested. However, in 2021, there was a dramatic decline in the chukar harvest

here, with only 2345 birds taken by hunters. It's thought a heatwave that year stunted chukar numbers, but with relatively mild weather this spring and summer, we will hopefully see an increase in the population of these hardy game birds.

Grouse numbers and the hunters that go after them have both declined in recent years. However, there are still plenty of grouse to be found in GMUs 245, 246, and 251 within Chelan County, as well as GMUs 248 and 266 in Douglas County. Look for grouse in forested areas, especially around stands of aspen for ruffed grouse and above where ponderosa pine grows for spruce grouse.

Pheasant hunting has become difficult in the region, and there are only three releases per season at the Swakane and Chelan Butte Wildlife Areas. The Columbia River provides good late-season duck hunting for dabbling and diving ducks. However, remember you are not allowed to hunt on the river between the George Sellar and Odabashian Bridges.

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio.com

FieldSTEM

Continued from page A1

a learning oasis used by all the teachers. Transitional kindergarten teacher Karlye Risdon brings her class there almost daily. "The space lends itself well to science-related topics, but I will use it for any subject matter," she said. Another outdoor classroom will be installed outside Icicle River Middle School (IRMS) shortly.

IRMS and Cascade High School (CHS) also have Rattlesnake Hill in their backyard, offering a range of learning possibilities around physical exercise, creative arts, or scientific studies.

Eric Bard's natural resource class at CHS epitomizes FieldSTEM. The students spend many class periods outdoors, armed with lab manuals and clipboards, for soil sampling, plant ID, restoration projects, and more—Bard partners with local experts who share their knowledge about the applications and career paths in natural resources. Students can gain a firsthand understanding of the City of Leavenworth's wastewater treatment facility via an onsite tour. Additional topics related to local projects include how beavers aid in riparian and wetland restoration, the many native plants that serve as drought-resistant and fire-wise landscape choices, mitigation efforts to reduce bear encounters in Leavenworth, and the use of snow science to judge avalanche risk.

On a recent morning, Bard led his students partway up Rattlesnake Hill. The purpose was soil sampling, but for a holistic view of the site, students also had to identify the native plants and orient

their maps showing the geology of the North Cascades. The class talked about how the hillside was dotted with rocks and glacial erratics common to glacial moraines, which would indicate a potentially sandy soil type.

Everyone had to get their hands dirty for the soil test, literally. Wetting a handful of soil, students gauged the grittiness and squeezed a ribbon between thumb and forefinger. The noticeably gritty ribbons broke easily, so the soil type was categorized as sandy loam, which differed from a prior silty loam sample they took near the soccer field. Bard emphasized that the soil types tell stories about the deposition history. Using the depth of soil and a bit of math, the students determined that around here, it can take 5,000 years to build up a foot of soil, making it a resource that should be managed with care.

In Plain, another class gathered outside the Beaver Valley School (BVS), the district's two-classroom school. Eric Tiegel's class of 2nd to 4th graders stood in a circle in the grass, and each student held a ukulele. This exemplifies how FieldSTEM goes beyond science classes. Every subject can incorporate the outdoors.

Tiegel led the first exercise of rhythmic tapping on the back of the body. Next, they collectively strummed a C chord to four counts. Tiegel then tasked them with creating their own rhythm within eight counts that could be repeated.

The students scattered in groups of one to four to brainstorm and practice a rhythm; some sat in the grass while others chose the picnic tables or BVS's grassy knoll play area. The outdoors provided space for creative

freedom that wouldn't be possible inside a classroom. When the class regrouped, students shared their rhythm, and Tiegel asked the listeners to describe what they heard and saw. The students dispersed a second time to hone or improve their rhythm and then shared it again with the group.

Outdoor time takes many forms for Tiegel's class. They can follow a path to the river, which is a good spot to throw rocks and to think scientifically when they measure the river height, check on the ice in winter, and release lamprey, which they do annually, helping the Yakama Nation. Like the high schoolers, these students get to think about places when Tiegel has them pick a "spot" on the school grounds and draw a map showing the spot in relation to the nearby buildings and structures, and trees. And mid-fall, the whole school will have an overnight campout that includes stargazing using telescopes loaned by Washington State Parks.

Home Link classes under the direction of teachers Shanda Holm and Daena

Medina are modeled with outdoor experiential education in mind. One recent example was a unit on the Wenatchee River. Through field trips and expert presentations, students gained an understanding of river ecology, the history, and use of the Wenatchee River, including dams, fish ladders, Indigenous customs and practices, and recreation, and

how the diverse needs must be considered when political leaders make decisions.

These are some of the creative ways that staff at CSD have found to incorporate the outdoors into their curricula, illuminating a culture shift that elevates the value of the outdoors for how it can nurture creativity, curiosity about the world, and a healthy, active lifestyle.

"Getting outdoors makes it easier to learn," commented one high school student in the natural resources class. "We get to know more about where we live. It's important."

Edou, CSD Board Chair Trey Ising, and PD principal Emily Ross will travel to Lacey to accept the "District of the Year" award at a celebration that will include a video highlighting CSD's FieldSTEM efforts.



A group of students create an original 8-note rhythm on their ukuleles.

COURTESY OF HEIDI SWOBODA

Business & Service Directory

Add your business or service to this directory: 509-548-5286

Tumwater Drilling and Pump Inc.

"Water Treatment Systems Built to Your Individual Problem"

Free Water Analysis/Estimates



Conveniently located on Hwy 2 across from the Big Y Cafe in Dryden @ 9290 Hwy 2

Tumwater Drilling & Pump, Inc.

509-548-5361

www.tumwaterdrilling.com • email info@tumwaterdrilling.com

WATER SOFTENERS, IRON FILTERS, CONDITIONERS, UV FILTERS, REVERSE OSMOSIS, SULFUR, WHOLE HOUSE FILTERS, PREVENTATIVE MAINTENANCE, SERVICE, SALT SALES

Complete Excavating Service

Power & Water Systems
Dump Truck & Dozer
Drainfield Repair
Free Estimates
Septic Systems
Road Grading



Upper Valley EXCAVATING

(509) 548-3489
Leavenworth, WA

Licensed - Bonded - Insured

Quick 'n Easy Residential Stump Removal



UNLIMITED

10817 North Road, Leavenworth • (509) 548-8222
Kim & Rosalie Kozelisky
Licensed, Bonded, Insured • Cont. #UPPERVE200PI

Donate Your Vehicle

Call (844) 889-8170 to donate your car, truck, boat, RV, and more today!

How it Works:

1. Contact Us
Call (844) 889-8170
2. Schedule Pickup
We'll pick up your vehicle for FREE - at a time and place convenient for you.
3. Receive Top Tax Deduction
You may qualify for a tax deduction.

Support Veteran Nonprofits.
Free Pickup & Towing.
Top Tax Deduction.

Donate Your Vehicle Today
844-889-8170

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (844) 889-8170.

Think Pink

Peace of mind, close to home.

Cascade Medical offers free mammograms to uninsured women in the Upper Valley during the month of October. Most women 40 years of age and older may also receive a mammogram with no out of pocket expense to them as well.

Think Pink is supported by local businesses and Cascade Medical Foundation.

Don't delay. Call (509) 548-2512 to make your appointment today.

CASCADE MEDICAL
PARTNERS IN YOUR HEALTH